

DAFTAR PUSTAKA

- Allan dan Dixon. (2009) Older women's experiences of depression: a hermeneutic phenomenological study. *Journal of Psychiatric and Mental Health Nursing*, 16, 865–873
- American Psychiatric Association, (2013) *Diagnostic and statistical manual of mental disorders*, fifth edition, DSM-5, Washington DC, American Psychiatric Publishing.
- Arjadi, R, 2012, Terapi kognitif-perilaku untuk menangani depresi pada lanjut usia, *Tesis*, Depok, Pendidikan Profesi Psikologi Jenjang Magister, Program Pasca Sarjana, Universitas Indonesia.
- Ash-Shiddieqy, T.M.H, (2001), *Pedoman shalat edisi lengkap*, Semarang, Pustaka Rizki Putra.
- Birren, J.E, dan Schaie, K.W., (2006), *Handbook of the psychology of aging*, sixth edition, California, Elsevier Academic Press.
- Barker, C.dan Pistrang, N.,(2002), *Research methods in clinical psychology : an introduction for students and practitioners*, 2nd edition, England, John Wiley & Sons, Ltd.
- Barlow, D.H., dan Hersen, M., (1984), *Single case experimental designs*, New York, Pergamon Press.
- Blazer, D.G. (1982), *Depression in late life*, Toronto: St. Louis: Mosby.
- Blazer, D.G. (2003). Depression in late life: Review and Commentary. *Journal of Gerontology: Medical Sciences*, 58A (3), 249-265.
- Burns, David D., M.D. (1998), *Terapi kognitif*, pendekatan baru bagi penanganan depresi, alih bahasa: Dr. Santosa, Jakarta, Erlangga.
- Bormann, Gifford,dan Shively,. (2006). Effects of spiritual mantram repetition on hiv outcomes:a randomized controlled trial, *Journal of Behavioral Medicine*, Vol. 29, No. 4, h. 359-376
- Broome, J., Johnson, D.O., dan Wilk, J.S., (2005), Worksite stress reduction through the transcendental meditation program, *Journal of Social Behaviour and Personality*, Vol. 17, h. 235-273.
- Corsini, R.J. & Wedding, D. (1989). *Current psychotherapy. fourth edition*. Illinois: F.E. Peacock Publisher, Inc.
- Damanik, C, 2009, Wow, Tahun 2020 lansia di indonesia akan capai 28,8 juta. *Kompas.com*. Senin, 19 Oktober 2009. Diunduh 13 Nopember 2014 dari <http://nasional.kompas.com/read/2009/10/19/09344610>

- Delmonte, M.M. (1987). Constructivist view of meditation. *American Journal of Psychotherapy*, Vol. XLI, No. 2, h. 286-298..
- Dillbeck, M.C., (1977), The effect of the transcendental meditation technique on anxiety level, *Journal of Clinical Psychology*, Vol. 33, h. 1076-1078..
- Donzel, E,(1978), *The encyclopedia of islam*. Leiden : EJ. Brill.
- Foster L. S. (2002). *Practitioner' s guide to empirically based measures of depression*. New York : Kluwer Academic Publishers
- Gilbert, P. (2000). *Counselling for depression*. London : SAGE Publications
- Havins, W Havins, W. (2011). Factor structure of the geriatric depression scale and its relationship to cognition in alzheimer's disease. *Thesis*. The Faculty of the Department of Psychology University of Houston
- Hawari, D. (1997), *Do'a dan dzikir sebagai pelengkap terapi medis*, Jakarta, Dana Bhakti Prima Yasa.
- Hawari, D. (2001). *Manajemen stress, cemas dan depresi*. Jakarta: Fakultas Kedokteran Universitas Indonesia.
- Hurlock, E.B.,(1980), *Psikologi perkembangan suatu pendekatan sepanjang rentang kehidupan*, Jakarta, Penerbit Erlangga.
- Irawan, H. (2013), Gangguan depresi pada lanjut usia, *Jurnal Cermin Dunia Kedokteran*, Vol. 40, No. 11, h. 815-819.
- Jacqueline B, dan Lisa M.F., (2005). *Depressed older adults.education and screening*, Toronto : Springer Publishing Company
- Kaplan, S. (2003). *Sinopsis Psikiatrl: Ilmu pengetahuan perilaku psikiatri klinis*. Jakarta: Binarupa Aksara
- Kementerian Kesehatan, 2013, *Gambaran kesehatan lanjut usia di indonesia*, pusat data dan informasi kementerian kesehatan RI.
- Latipun. (2006). *Psikologi eksperimen*. Edisi ke Dua. Malang : UMM Press
- Masyhudi, I, dan Wahyu N. A.,(2006). *Berdzikir dan sehat ala ustad haryono*, Semarang, Syifa Press,
- Megarani, A.M. (2007). Pada 2025, seperlima penduduk Indonesia Lansia. *Tempo Interaktif*, Diakses pada tanggal 9 November 2010 dari <http://www.tempointeraktif.com/hg/nasional/2007/11/12/brk,20071112-111401,id.html>
- McCormick, S. (1995). *Single-subject experimental research*, application literacy. Delaware: International Reading Association.

- Manthorpe, J. dan Iliffe, S. (2005), *Depression in later life*, London, Jessica Kingsley Publishers
- Montorio, A. & Izal, M. (1996). The geriatric depression scale: a review of its development and utility. *International Psychogeriatrics*, Vol.8, No.1, h. 103-112
- Nevid, Greene, dan Rathus,. (2005), *Psikologi abnormal*. Jakarta : Penerbit Erlangga
- Prasetya, A.S, 2010, Pengaruh terapi kognitif dan senam latih otak terhadap tingkat depresi dengan harga diri rendah pada klien lansia di panti tresna wreda bakti yuswa natar lampung, *Tesis*, Depok, Program Studi Magister Ilmu Keperawatan, Fakultas Ilmu Keperawatan, Universitas Indonesia.
- Prabowo, H., (2007), Beberapa manfaat meditasi dan pengalaman altered stated of consciousness. *Jurnal Penelitian Psikologi*, Vol. 12, No.2, h. 97-108.
- Purwanto, S.,(2006), Relaksasi dzikir, *Jurnal Suhuf*, Vol. XVIII, No. 01, h. 39 – 48.
- Qonitatin. N, Widyawati.S, Dan Asih.Gy, (2011), Pengaruh katarsis dalam menulis ekspresif sebagai intervensi depresi ringan pada mahasiswa, *Jurnal Psikologi Undip* Vol. 9, No.1, h. 21-32.
- Ramakrisna, 2011, Depresi pada lansia , Ramakrisnahare.Blogspot diunduh 14 Nopember2014, dari <http://ramakrisnahare.blogspot.com/2011/03/depresi-pada-lansia.html>.
- Rosenthal, J.Z., dkk (2011), Effects of transcendental meditation in veterans of operation enduring freedom and operation iraqi freedom with posttraumatic stress disorder: a pilot study, *Journal Of Military Medicine*, Vol. 176, No. 6, h. 626-630.
- Rybarczyk, B., DeMarco, G., DeLaCruz, M., Lapidos, S. & Fortner, B. (2001). A classroom mind/body wellness intervention for older adults with chronic illness: Comparing immediate and 1-year benefits. *Behavioral Medicine*, Vol. 27, h. 15-27.
- Safaria. T, & Saputra. N.E., (2009), *Manajemen emosi*, Jakarta: Penerbit Bumi Aksara.
- Sangkan, A., (2002), *Berguru kepada Allah*. Jakarta: Bukit Thursina
- Santrock, J.W. (2006). *Life-span development* (10th ed.). Boston: McGraw Hill.
- Saseno dan Arifah, S. (2014), Efektivitas terapi psikoreligius terhadap penurunan tingkat depresi lansia di panti sosial tresna werdha abiyoso Sleman Yogyakarta, *Jurnal Keperawatan Jiwa*, Vol. 2, No. 1, h. 80-85.

- Seligman, M.E.P., (1998), *Learned optimism, how to change your mind and your life*, New York, Pocket Books.
- Seniati, L., Yulianto, A. & Setiadi, B.N. (2005). *Psikologi eksperimen*. Jakarta: PT. Indeks.
- Sharon, Sue, 2009. I think therefore i om: cognitive distortions and coping style as mediators for the effects of mindfulness meditation on anxiety, positive and negative affect, and hope. *Journal of Clinical Psychology*, Vol. 65, No. 6, h. 561—573.
- Simon. (2011). Biologic effects of mindfulness meditation: growing insights into neurobiologic aspects of the prevention of depression. *Journal of Psychiatry and Neuroscience, and the Department of Psychiatry*, McGill University, Montréal, Que. 36(2):75-7.
- Subandi, (1995). *Meditasi untuk mengatasi rasa sakit*, Yogyakarta, Fakultas Psikologi UGM.
- Sulaiman, (2003). *Kecerdasan 99*, Jakarta: Penerbit Hikmah
- Syukur, M.A. (2011). *Sufi healing*, Semarang: Walisongo Press
- Tanner, Travis dan Schneider, (2009), The effects of the transcendental meditation program on mindfulness, *Journal Of Clinical Psychology*, Vol. 65, No.6, h. 574-589.
- Wachholtz, A.B, dan Pargament, K.I., Is spirituality a critical ingredient of meditation? comparing the effects of spiritual meditation, secular meditation, and relaxation on spiritual, psychological, cardiac, and pain outcomes, *Journal of Behavioral Medicine*, Vol. 28, No. 4, h. 369-384.
- Williamson, GM., Shaffer, DR. & Parmelee, PA., (2002). *physical illness and depression in older adults: A handbook of theory, research, and practice*. New York, Kluwer Academic / Plenum Publishers
- Wisner, BL.,(2012), *Meditative practices as coping strategies for older adults*. San Marcos, Texas State University Publishers
- Woods. B, dan Clare, L., (2008), *Handbook of the clinical psychology of ageing*, Second Edition, England, John Wiley & Sons Inc.
- Wulandari dan Rahayu, 2011. Kejadian dan tingkat depresi pada lanjut usia : Studi perbandingan di panti wreda dan komunitas, *Artikel Penelitian Karya Tulis Ilmiah*, Semarang, Program Pendidikan Sarjana Kedokteran Fakultas Kedokteran Universitas Diponegoro